

GEORGE BROWN COLLEGE

The CSEP Recommended Course Maps (CSEP-RCMs) are intended to assist you in mapping out your education to provide the greatest chance of success with the CSEP-CPT exams. (The courses listed are only recommendations other courses may also meet the requirements).

CSEP-CPT Core Competency	Course Code:	Course title:
<p><b>Human Anatomy, Human Physiology, and Exercise Physiology</b></p> <p>May be integrated (in part) within courses dealing with the understanding of the structure and function of the human body including a basic understanding of the human body's response to exercise</p>	<p><b>ALL OF:</b> ANAT 1063 PHSL 1005 PHSL 1007</p>	<p>Structural Anatomy Exercise Physiology Muscle Physiology</p>
<p><b>Theory and Methods of Behaviour Modification</b></p> <p>May be integrated (in part) within courses dealing with health behaviour change, physical activity behaviour modification theories and models, interpersonal communication, motivational interviewing, health counseling, health and fitness promotion, and the determinants of physical activity and sedentary behaviour.</p>	<p><b>ALL OF:</b> HPRM 1063 HLTH 1034 HLTH 1005</p>	<p>Health and Wellness Counseling Fitness Assessment and Health Promotion Health Screening and Fitness Assessment</p>
<p><b>Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b></p> <p>May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.</p>	<p><b>ALL OF:</b> HLTH 1005</p> <p>HLTH 1034 HLTH 2025</p>	<p>Health Screening and Fitness Assessment <i>(Previously: Cardiovascular Assessment)</i> Fitness Assessment and Health Promotion Advanced Fitness Assessment</p>
<p><b>Theory and Methods of Health-Related Exercise Prescription and Program Design</b></p> <p>May be integrated (in part) within courses dealing with: personal fitness training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation and exercise modification</p>	<p><b>ALL OF:</b> HLTH 1033 HLTH 2031 HLTH 2045</p>	<p>Guidelines for Exercise Prescription Personal Training 1 Personal Training 2</p>
<p><b>Safety and Emergency Procedures</b></p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.</p>	<p><b>ALL OF:</b> HLTH 2018 HLTH 1003 HLTH 1004</p>	<p>Injury Prevention and Rehabilitation Exercise Techniques 1 Exercise Techniques 2</p>
<p><b>Documentation, Administration and Professionalism</b></p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.</p>	<p><b>ALL OF:</b> HLTH 2052 HLTH 2023</p>	<p>Fitness and Entrepreneurship Fitness and Health Promotion Internship <i>(Prior to 2014: HLTH 2023)</i></p>